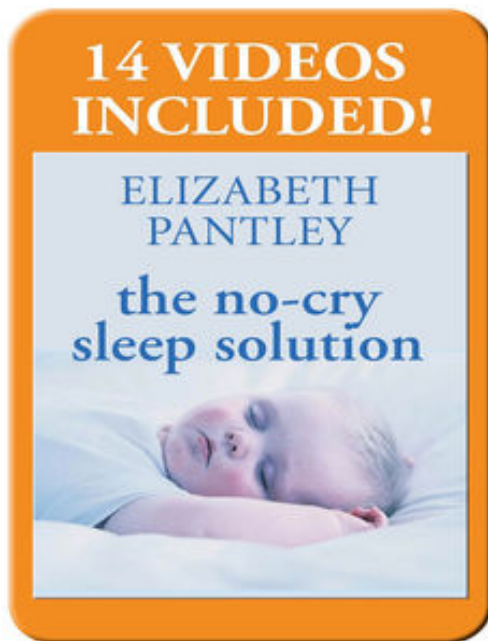


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"At long last, I've found a book that I can hand to weary parents with the confidence that they can learn to help their baby sleep through the night--without the baby crying it out."

--William Sears, M.D., Author of *The Baby Book*

"When I followed the steps in this book, it only took a few nights to see a HUGE improvement. Now every night I'm getting more sleep than I've gotten in years! The best part is, there has been NO crying!"

--Becky, mother of 13-month-old Melissa

There are two schools of thought for encouraging babies to sleep through the night: the hotly debated Ferber technique of letting the baby "cry it out," or the grin-and-bear-it solution of getting up from dusk to dawn as often as necessary. If you don't believe in letting your baby cry it out, but desperately want to sleep, there is now a third option, presented in Elizabeth Pantley's sanity-saving book *The No-Cry Sleep Solution*.

Elizabeth's successful solution has been tested and proven effective by scores of mothers and their babies from across the United States, Canada, and Europe. And now in response to weary parents asking for a little more guidance, Elizabeth has created fourteen brand-new videos exclusive to this enhanced ebook. Each of these three- to four-minute videos appears at the end of their specific chapter, summarizing what you have learned for quick recall or for those desperate moments when you've run out of ideas and need advice ASAP! Elizabeth gives you words of wisdom, tricks and tips, and soothing mantras, all that will help you get your baby sleeping.

Tips from *The No-Cry Sleep Solution*:

Uncover the stumbling blocks that prevent baby from sleeping through the night Determine--and work with--baby's biological sleep rhythms Create a customized, step-by-step plan to get baby to sleep through the night Use the Persistent Gentle Removal System to teach baby to fall asleep

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The No-Cry Sleep Solution offers clearly explained, step-by-step ideas that steer your little ones toward a good night's sleep--all with no crying.

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